

# TRAINING ANNOUNCEMENT

TO REGISTER, PLEASE COMPLETE THE TRAINING REGISTRATION FORM ENCLOSED

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<b>TITLE:</b>	<b>LawFit Leadership Workshop</b>
<b>DATES and LOCATION:</b>	<b>March 14-16, 2006 George Mason University Field House</b>
<b>DESCRIPTION:</b>	The LawFit® Fitness Leadership Workshop is a three-day, 24 hour course which provides officers with a variety of assessment tools and training strategies to plan and implement an effective health maintenance program for their personnel. Fitness leaders will receive detailed instruction concerning weight training, flexibility and stretching, aerobic fitness, nutrition, and stress management. Upon successful completion of this workshop, officers will receive certification as Public Safety Fitness Leaders.
<b>PREREQUISITES:</b>	Physically able to participate in the LawFit program.
<b>PRIORITY:</b>	First come first served
<b>IN-SER CREDIT:</b>	21 hours of career development in-service credit will be awarded.
<b>TUITION:</b>	<b>\$400.00 Payable to GMU/LawFit</b>
<b>MEALS:</b>	NA
<b>LODGING:</b>	Any lodging required will be the responsibility of the participant's agency.
<b>DEADLINE:</b>	Registration must be received no later than March 10, 2006.
<b>ACCEPTANCE:</b>	Directions and lodging information will be sent upon receipt of registration.
<b>CONTACT:</b>	Dr. Dave Bever, George Mason University (703) 993-2071, fax (703) 993-2126

*It is the intention of the Department of Criminal Justice Services to comply with Title II of the Americans with Disabilities Act (ADA) of 1990. Therefore, those persons requiring special accommodations to participate in this program should indicate the need for such accommodation on the Training Registration Form.*

# LawFit Fitness Leadership Workshop Registration Form

## DCJS Standards and Training

\* Please fill out form completely and return by

### EVENT INFORMATION

**Location:** George Mason University Field House --- Fairfax, VA  
**Dates:** Tuesday, Wednesday, Thursday --- 14, 15, 16 March 2006  
**Registration Deadline:** Friday 10 March 2006  
**Registration Fee:** \$400.00  
**Checks made payable to:** GMUF / LAWFIT

### APPLICANT INFORMATION

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender ☐ M ☐ F

Agency Name: \_\_\_\_\_

Agency Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Do you require special accommodations under provision of the Americans with Disabilities Act? ☐ Y ☐ N  
If yes, please state the nature of the accommodation required:

### MEDICAL AUTHORIZATION

I authorize that \_\_\_\_\_ is physically able to participate in the LawFit Fitness Leadership Workshop. I further recognize that the workshop's physical activities including running, jumping, bending, crawling, climbing, and weight lifting have the potential to put significant stress on the cardiovascular and musculoskeletal systems of participants.

Signature of Dept. Supervisor: \_\_\_\_\_

Print name and address of Dept. Supervisor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_ Email: \_\_\_\_\_

#### Mail this form to:

**Dr. David Bever**  
**The LawFit Program**  
**PE Building, Room 202, MS 1F6**  
**George Mason University**  
**Fairfax, VA 22030-4444**

**Phone: (703) 993-2071**  
**Fax: (703) 993-2126**  
**Email: dbever@gmu.edu**